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Inside



Brand new tile styles

Artist delivers
a fresh look in
Jubilee Place **P3**



Steaming to Excel

Iconic fire vessel
heads to London
Boat Show **P4**

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WHAT'S ON Plan your diary with our guide to forthcoming exhibitions in Greenwich **P9**



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WEATHER

11C TODAY
Partly cloudy

11C FRIDAY
Cloudy

10C SATURDAY
Rain

15C SUNDAY
Rain

14C MONDAY
Partly cloudy

TRAVEL

TUBE & DLR

The Jubilee line will be closed on Sunday between Waterloo and Finchley Road. The Overground in east London will also be closed. DLR is fine

ROADS

No closures

INSIDE

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Agenda

CONTACT US

The Wharf
Trinity Mirror
22nd Floor
One Canada Square
Canary Wharf
LONDON E14 5AP

EDITOR Giles Broadbent
email newsdesk@wharf.co.uk
editorial 020 7510 6306
advertising 020 7510 6055
web wharf.co.uk

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My dreamy New Year's resolutions

Happy New Year! Isn't wonderful to be back at work? I verily leapt from my bed this morning, and lit up the dark, damp winter sky as I blazed in on the glory that is the Tube. Oh how I've missed the commute.

It's a new year, guys, a fresh start. 2014 is going to be excellent! To kick it all off we should join hands and resolve to be better.

All of us, take the hand of the person squashed next to you on the DLR, embrace the fellow soul in front of you in the coffee queue: they'll love it!

Let's make us the best Canary

BLONDE'S EYE VIEW



ANGELA CLARKE

Wharf we could ever, ever be! Here are my three suggested resolutions for all Wharfers:

1. We should be kinder to the environment. Let's switch the tower lights off at night. Heck, let's go all the way and switch them off during the day. And all the computers, printers, phone chargers the lot. Obviously it means we won't actually be able to work, but everyone's got to make sacrifices.

2. We should be warmer. All of us. Seriously, it is freeze your (stock) tips off cold walking between the towers. The wind whips round them like a packet of frozen peas fired from Jack

Frost's slingshot. Free cashmere capes should be provided for all, preferably ones with superhero logos on them. Then we will be warm.

3. We should give more to charity. See my last column where I suggested we host as many sponsored charity events during work hours as possible. We are morally compelled to do this.

We have the power in our united hands to make 2014 magnificent. Let's sing... something like *Kumbaya*, or Beyonce... wait, is that my alarm going off? You mean that was all a dream? Oh for the love of...

Follow Angela on Twitter:
@TheAngelaClarke

London eye



Carlos Acosta performs at the launch of the Carlos Acosta International Dance Foundation in London. Acosta was made a CBE in the New Year Honours list

A week in London
Page 28

What our writers are talking about

■ Exposure to antibiotics, by means of our over-liberal use in everyday practices, is giving deadly bacteria the edge.
Giles Broadbent

■ Instead of chastising the child for being rude and ungrateful, her mother looked on indulgently.
Tabitha Ronson

■ *East End Life* could be the future of newspapers if we have any interference in press freedom by government.
Peter Golds

■ Why not give your organs one last hit of gut buster? You've got your new six-times-a-week gym regime to burn it off.
Jon Massey

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

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60 Second Wharf

Firing on all cylinders

A fire-fighting vessel that saved East End warehouses in the war has been restored back to its glory.

News • Page 4

Petition against growth

Neighbours of London City Airport have handed in a petition protesting at plans for expansion.

News • Page 5

Prof lays the foundation

A garlanded UEL professor has said she will continue her push to get more girls to take up engineering.

News • Page 6

Drawing the lines

A celebration of 300 years since the Longitude Act is the centrepiece of a year of exhibitions in Greenwich.

What's On • Page 9

Hot and cold running

Prepare to get away with our three-page travel special covering searing heat and icy wastes.

Pages 10, 12-21

Get in shape for 2014

We look at classes, snacks and deals as the fitness industry prepares for its busiest period.

Pages 23-25



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Mosaics piece together a history of dock trade

PEOPLE

Eyes down as artist Emma creates stylish patterns for floor of Jubilee Place Mall

Beth.Allcock
@wharf.co.uk

Should you be embarking on a quest for retail therapy in Jubilee Place Mall this week, perhaps take time to tear your eyes from the glittering sale goodies to focus on the floor.

Decorating the shiny surface on both shopping tiers is a series of mosaics designed by Emma Biggs.

Back when Jubilee Place opened in 2004, Emma, 56, created 12 tiles to adorn the Wharf Walk passage in what is now known as its upper tier of retail.

And with the grand arrival of 21 new brands and the re-jig of a couple

“Lightermen knew where they were by the smells from the warehouses

of pieces of her artwork to the new, underground passage, the mum-of-three put her thinking cap back on to conjure up four further designs.

“Canary Wharf Group wanted something that was related to the docks and trading,” said Emma, who also takes on work as an artist with husband Matthew.

“So I got to look back at my previous work and look up more facts. I was able to go to the Museum of London Docklands, which hadn't been open when I'd researched before.

“I had a good old snoop around and found facts I thought were interesting and put these ideas in the new panels.”

The tiled arrivals have been unveiled in stages with *Scent* the final addition. Created primarily of marble teamed with smalti, a handmade Venetian



Emma Biggs checks out her sequence of mosaics in Jubilee Place

glass, the themed *Wood, Wool and Peppercorn* tiles centred on the array of goods which would have been transported through the docks.

Pinpointing moments of history – such as the transportation of cinnamon, laying of wood flooring in the capital or the sheep fleece set to be transported to the north – was a “patterny” and pictorial process.

This allowed the latest designs to maintain continuity with the existing artwork while also retaining a sense of place.

The mum-of-three said her fourth

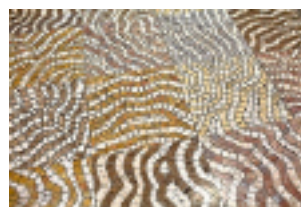
and final creation took a different thematic approach.

“There was one exception that's very fascinating and about the fact the lightermen went up and down the river on boats,” she said.

“They knew where they were on the river by the smells that came from the warehouses and water.

“If it was really foggy, and they couldn't see where they were, there might have been smells from the brewery, or fish, and I thought that was an interesting enough fact to deserve a panel.”

KAY LOCKETT



With her designs – which took her six months – now complete and the mall open, Emma said she felt a sense of satisfaction.

“I've really enjoyed it,” she said. “I was involved from right before Jubilee Place Mall was built and everyone on site was incredibly kind.

“It was a real pleasure to come back and meet some of the original Canary Wharf contractors – it feels like it was a bit of a coming home, and I do have that sense of personal involvement.”

Go to emmabiggsmosaic.net or emmabiggssandmatthewcollings.net.

NEWS IN BRIEF

Round-up

Irons lady among 2014 honoured

HONOURS A host of individuals from Newham, Tower Hamlets and Greenwich have been recognised in the Queen's New Year Honours List for 2014.

Karren Brady, pictured vice chair of West Ham Football Club and Haydn Evans, headteacher of Sir John Cass's Foundation and Red Coat Church of England Secondary School in Stepney, both received CBEs.

Shahed Ahmed Battiwala headteacher of Elmhurst Primary School in Newham, Joanna Shields, chief executive of Tech City UK and Professor Elizabeth Matilda Tansey, professor of the history of modern medicine at Queen Mary University of London all received OBEs.

Nicola Bradley, troubled families coordinator at Tower Hamlets Council, Mohammed Ameenuddin Hussain, manager of the Asian Resource Centre in Greenwich, Jason Morgan, chief executive of Charlton Athletic Community Trust and Daniel Joseph Regan (for services to charity in east and south east London) all received MBEs.

John Wild, cleansing manager at Newham Council received the British Empire Medal



DLR workers in ballot for strike

TRANSPORT Workers on the Docklands Light Railway are threatening to walk out following a row over pay and working conditions.

The Rail, Maritime and Transport union is also accusing management of hiring contract staff to undermine jobs and of a failure to provide adequate training.

The ballot for strike or action short of a strike is underway and will run until January 16.

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A blast from the past



Julian Cartwright aboard the Massey Shaw fire boat at Wood Wharf

HERITAGE

Fire boat's water cannon could punch through walls of burning warehouses

Rob.Virtue
@wharf.co.uk

Quietly unassuming, the latest arrival at West India Docks sits almost hidden.

But rewind nearly 80 years ago and this vessel, the Massey Shaw, was hailed as the eighth wonder of the world.

The fire boat had a huge pumping capacity which, over the following decade, was in constant use as it served along the Thames and especially the East End docks during the Second World War.

On top of that she was one of the "small ships" that headed across the Channel in May 1940 to evacuate soldiers from the beach at Dunkirk.

However, in time the ship was forgotten and in 2004 left badly vandalised but, thanks to a near £500,000 donation from the Heritage Lottery Fund and many hours of tireless work from volunteers, she's back to her best.

Julian Cartwright, director at the Massey Shaw Fire Boat Society, said:

"In her day she was the most powerful fireboat in Europe, running at 12 knots.

"The water cannon on top was designed to punch through the walls of the warehouses on the riverbank. It was so powerful it would blast through walls and windows to get to the root of the fire.

"She's got such a fantastic history, especially during the war but the society found her in a derelict condition. So we started restoration and the Heritage Lottery Fund had put in a big donation, which we matched. A more thorough refit you won't find."

Using twin eight cylinder Gleniffer engines constructed in 1935, the ship offers a glimpse back to a golden era for British engineering. Its pumps can shoot 1,500 gallons of water per minute.

She's now situated near Wood Wharf but is expected to be a big draw when she heads to the Royal Docks for the London Boat Show. But after that the future is not completely clear.

"The funds now are almost depleted so we need sponsorship," said Julian. "She's part of London's history and becomes a floating museum this year.

"We take demonstrations to schools and it gives the children something tangible to better understand the effect the war had on London. It's vitally important we preserve her for future generations."

Go to masseyshaw.org.



Boat show to bring the cutting edge to dockside

EVENTS



The £1.4million Orcasub

FOR the 11th year at the Excel 2014 kicks off with the London Boat Show.

The event runs from Saturday to January 12 and will see the Royal Docks come alive with a huge variety of ships both inside and outside the convention centre.

Headlining this year's show is the Fairline Targa 48 GT and Princess Yachts' V48.

There will also be a glimpse at latest technology thanks to the Spymaster stand. That includes a scale model of the Orcasub, a battery powered vehicle which enables two pilots to "fly" underwater.

Priced at nearly £1.4million they can dive to 6,000ft below sea level. Spymaster is also showing off its mini-submarines which go down to 12m.

Among the host of attractions is the



Sir Ben Ainslie: Guest

Adventurous Cruising Zone, which allows people to learn from boat owners about life on the seas.

Meanwhile, the Watersports Pool gives visitors the chance to take part in Stand Up Paddleboarding and canoeing, among other water-based activities.

And fresh from his team's victory in the America's Cup in September, Sir Ben Ainslie will be meeting fans at the Excel.

He will be bringing with him his JP Morgan BAR AC45.

Ainslie is one of the greatest ever sailors, winning a gold medal in each of the last four Olympic Games.

Meanwhile, in the dock, top sailors will compete in a host of exciting regattas.

Running alongside the event is the Telegraph Cruise Show from January 10 to 12, for which you can get free access to with your boat show ticket.

READER OFFER

The Wharf has teamed up with the London Boat Show to offer visitors the chance to purchase tickets with £6 off the full price.

To get £6 off your show ticket (full price £20), simply log on to londonboatshow.com, or call the ticket hotline on 0844 776 7766* and quote PUB07. Offer closes on Sunday, January 12.

*Calls cost 10p per minute with network extras.

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We don't want airport to grow say neighbours

PLANNING

LCY says expansion will bring quieter, cleaner aeroplanes

Rob.Virtue
@wharf.co.uk

More than 1,000 letters complaining about London City Airport's planned expansion were delivered to Newham Council this week.

Nearby resident Ethel Odiete donned a Father Christmas outfit for the day to hand over the paperwork to the borough, which is running a consultation on the development.

Ethel said: "My child goes to school less than 250m from the airport.

"Now City Airport want to build over the dock and expand their taxiway – my daughter will play under jet fumes and with planes chugging out toxic gases as they wait to take off.

"All the local kids have asthma. It's time City Airport shut down and let our community breathe."

Campaigners say pollution and noise levels are already high and would be increased by the airport's expansion.

Amina Gishinga, Stratford resident and co-founder of The Momentum Project said: "The pollution in Newham is already dangerously high – exceeding EU legal limits by 50 per cent.

"Newham Council says it wants to regenerate and make our area London's green future. That will be impossible if an airport is allowed to expand in such a densely populated area."

However, City Airport says the expansion would allow for newer, cleaner aircraft to fly.

It released a statement in response to the petition delivery, which said: "The City Airport Development Programme will create 1,500 new full-time jobs and a further 500 during construction.

"It will attract investment to the Royal Docks and wider east of London, enable us to continue to support local charitable organisations and initiatives, and provide more opportunities for training and education.

"Without the development programme, the airport will continue



Ethel Odiete dresses up as Father Christmas to deliver more than 1,000 letters to Newham Council protesting about the expansion of City Airport



to grow, however, with the developments that growth will allow the airport to introduce new cleaner, quieter aircraft and expand the route network to new markets, boosting the appeal of Newham and surrounding areas for people to invest, work, live and visit."

NEWS IN BRIEF

Around east London

Firefighters finish their last shifts

EAST LONDON Firefighters have completed their last Christmas cover after a last-minute High Court bid to save 10 fire stations failed.

A judicial review turned down the bid by seven local authorities which would have saved 14 appliances and 552 posts, which will now face the axe next Thursday. A judge ruled that the process was legal.

Bow, Silvertown, Kingsland, Woolwich and Lewisham are among those earmarked for closure.

Jailed for betting shop beating

ROTHERHITHE Two men have been jailed for grievous bodily harm for a beating involving a knife and a baseball bat.

James Sullivan, 58, of Acanthus Drive in Bermondsey, and Perry Young, 30 of Barkworth Road in Rotherhithe, carried out the assault in the nearby William Hill bookmaker as part of an ongoing feud.

They were found guilty and each sentenced to two and a half years in prison at Inner London Crown Court.



Abbey to join SCD live tour

STRICTLY Come Dancing winner Abbey Clancy will take part in the UK tour that comes to The O2, North Greenwich, early in February.

Abbey will be joined by a host of stars, including fellow finalists Natalie Gumede and Susanna Reid, actor Mark Benton, rugby star Ben Cohen, *Dragons Den*'s Deborah Meaden and Westlife heart throb Nicky Byrne, all pictured.



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UEL engineer paves the way for next generation

EDUCATION

Prof determined to give teenage girls the right opportunities

Beth Allcock
@wharf.co.uk

As the only woman in the UK to hold five professional engineering qualifications concurrently, Dr Phebe Mann already stands out from the academic pack.

But for the senior lecturer in civil engineering at the University of East London (UEL), her career is about a lot more than life in the classroom.

Juggling her post, educating the

next crop of east London's graduates, Dr Mann strives to spark interest in the sector among GCSE-level schoolgirls in her work as a Science Technology Engineering and Mathematics (Stem) Ambassador and Talent2030 Hero.

And it is this dedication to inspiring young people – in particular teenage girls – as well as encouraging employers to be more “female friendly” that has seen her awarded an Honorary Fellowship of Bradford College.

The establishment described the Reading-based academic as “a potent role model for women in science and engineering”.

“I was really humbled by that,” Dr Mann told *The Wharf*, after collecting her title.

“Hopefully it will inspire people. That’s the most important thing.



Prof Phebe Mann says number of girls taking engineering courses is low

“The number of girls coming in at our degree courses is still very low. It’s about 10-15 per cent.

“Even in the medicine field there are 45 to 50 per cent of females – we haven’t got that number for engineering.

“Career masters or mistresses in a lot of schools don’t encourage girls to do things like physics or maths. They may do very well at GCSE, but they are not going to continue.

“But we can’t let it fall to one person to do everything. Children should start learning the subjects much earlier – in primary school – and if they feel inspired to become engineers and feel proud of it, they will push ahead.”

Dr Mann’s record sees her qualified as a chartered civil engineer, chartered surveyor, chartered builder, member of the Chartered Institute Of Arbitrators and a European Engineer.

She believes her own personal achievements and qualifications will inspire her students – although life in the lecture theatre was never her original plan.

After civil engineering construction projects for the City of Westminster Council, Cambridge County Council and Atkins she was drawn to academia.

Following a lecturing stint on her home patch of Reading, she started at UEL in September 2010, focussing on teaching highways and transportation and construction law, as well as civil engineering.

“Most of the students come out from the degree and can find a job within a short time,” she said.

“We are training good people and our school has been putting a lot of effort into training young engineers.

“And just before the Olympics, there was a lot of regeneration throughout the east London area, and the region is now pushing to build on that development. There are more engineering and construction opportunities here than there were before.”

Students win £3,000 for elite teaching programme

BUDDING engineers on the Isle of Dogs will be pursuing their passion for the industry after being selected for an Elite Engineering Programme.

The privately funded initiative has pinpointed George Green’s School as one of 25 across the country to receive free Lego Mindstorms Education EV3 science, technology, engineering and maths (Stem) resources, worth £3,000.

Year 12 IBCC student Craig Lockyer filmed and edited the Manchester Road school’s application, which decision-makers believed stood out from the crowd.

He said: “I’m proud and happy that the film was so well received and am looking forward to helping out with the science club.”

Headteacher Jill Baker said: “This is fantastic news.

“We’re all really proud of our students and their efforts and to Craig for making such an amazing video. This is another example of George Green’s striving for excellence.”

The Lego-sponsored resources will



George Green’s students with science club teacher Dr Nicola Glen

be used by pupils in Key Stage Three, while teachers will also benefit from training to understand how to use the products as part of the Stem National Curriculum.

Students will also be able to showcase their skills by building programmable robots to compete in regional and national contests.

Gareth Boldsworth, director of Lego Education Europe, which has provided funding for the programme, said: “We’re keen to make Lego Mindstorms Education EV3 available to young people who might not otherwise get the opportunity to discover that they have a real flair for engineering.

“For the EEP pilot we were looking for schools that would work hard to make the pilot a success but currently lacked resources.”

Beth Allcock

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FACTFILE

■ A report published by the Royal Academy of Engineering revealed the UK needs to increase the number of Stem graduates by around 50 per cent each year, with 100,000 graduates needed each year to maintain the status quo.

■ The Women’s Engineering Society is holding its first ever National Women In Engineering Day in June

New head keen to start work

SECONDARY school education will top the New Year agenda for a Newham community.

After the Oasis Academy Silvertown was given the thumbs-up to open its doors as a free school this September, discussions to secure a suitable site are now in progress.

The first round of admissions for 120 Year Seven pupils has been completed

and Charles Claxton, newly appointed principal designate, declared his mission was to ensure an “outstanding education from day one”.

Mr Claxton, former deputy head at George Green’s on the Isle of Dogs, said: “My first job will be to plan a curriculum that delivers really exciting, engaging and inspiring learning opportunities.

“One of my priorities is to ensure that the curriculum delivers not only a world-class education but also that our children develop the skills to take their place as global citizens.”

Mr Claxton added he had begun to meet business leaders keen to help, as well as making contacts with local primary schools. Go to oasisacademysilvertown.org.

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Notebook

Party went well – and then there was Henry's sister

Although originally met with resistance from Master A, his shared sixth birthday bash went down a storm.

He and fellow birthdayee, Molly, were the toast of their classmates; the trampoline party universally hailed as "the best party in the world". All satisfied customers – except for one.

I received a call two days before the party from one of the mums. "Could Henry bring along his older sister?" She's eight years old. I didn't think it would be a problem so I called the sports centre

and booked and paid for another place. From the moment the girl got to the party she whinged. She moaned about having to wait her turn to bounce on the trampoline and then when it was her go, she complained it was boring.

"This is so dull – I do go to circus skills club you know."

Party food consisted a choice of ham or cheese roll, a packet of crisps, jelly and a drink. Admittedly it was no Jamie Oliver spread but all the children tucked in appreciatively. Henry's sister, however, complained there were no hot options.

WORKING MUM



TABITHA
RONSON

"The parties I go to have stone-baked pizza, goujons and tapas. This is so lame."

Instead of chastising the child for being rude and ungrateful, the mother looked on indulgently.

"She has a very sophisticated palate," the mother offered.

Molly's mother, my fellow hostess, threw me a look. She was not amused.

The party at an end it was time to hand out the goody bags, fairy-themed for the girls, Batman (what else?) for the boys. Even though we had only two days warning about the addition of Henry's

sister, we packed one up for her, too.

The only difference hers had a picture of Minnie Mouse on instead of Tinkerbell.

She looked at the bag and burst out crying. "I want a Tinkerbell bag!" All the other little girls clutched their bags tightly, none wanting to give up their coveted treasure.

Master A voiced what everyone at the party was thinking: "What is she crying about? She wasn't even invited!"

That's my boy.

Working Mum, promising in 2014 to be less of a pushover.

POLITICAL VIEWPOINT

By Cllr Peter Golds

Mayor prefers PR to debate and scrutiny

Congratulations to *The Wharf* for robustly defending press freedom.

It is a matter of fact that Mayor Lutfur Rahman declines to respond to questions from councillors and the public at council meetings.

The Mayor of London Boris Johnson spends hours answering questions from assembly members. Other executive mayors take full part in council meetings, as happens in nearby Hackney and Lewisham.

The council most certainly did receive a warning, delivered by an officer, that there were human rights concerns in asking the mayor to answer questions and, despite the council having a legally required Overview and



The council did receive a warning on human rights concerns

Scrutiny committee, to monitor executive decision making, Mr Rahman declines to attend.

The administration has a communications budget of millions of pounds of taxpayer's money. For this residents can access the mayor's blog via the town hall website, no comments are, of course, allowed; they can enjoy the street displays of quotations and pictures; and receive *East End Life*, which has no letters section and where, when opposition councillors are invited to contribute, these comments cannot go against council policy.

East End Life could be the future of newspapers if we have any interference in press freedom by government or parliament.

What starts as a "dab of regulation" gives the potential for censorship unseen in centuries.

Conservative,
Blackwall &
Cubitt Town



Wharfinger The long view



2006 The start of the tunnelling phase to enable overhead power cables to run under the 2012 Olympics venues. Tunneling machines will bore in opposite directions from the bottom of the 30m shaft marking the first infrastructure milestone at the Olympic Park site.

2005 The sun over east London is obscured behind huge plumes of smoke from an oil depot fire near Hemel Hempstead. A series of explosions and a massive fire erupted at the fuel depot north of London before dawn on Sunday and sent a large column of black smoke into the sky, witnesses said.



High Five Best apps of 2013



Best-selling app of the year: **Minecraft**
Build your own world from blocks.



Most downloaded free app for iPhone and iPad: **Candy Crush Saga**



iPhone game of the year: **Ridiculous Fishing**
Billy goes in search of glory.



iPad game of the year: **Badland**
Atmospheric side scrolling action game.



iPhone app of the year: **Duolingo**
Free language education for all

SOURCE: ITUNES

SPIRAL NOTEBOOK

By Giles Broadbent

Under attack from forces of destruction

War drives innovation. Copper sheathing for hulls was first suggested in 1708 to tackle the problem of weed growth that slowed and hobbled ships of the line.

But it wasn't until decades later the practice was pushed and perfected. That was because the Royal Navy was fighting wars against its three greatest rivals France, Spain and the Netherlands.

These days we often coat hulls with antibiotics to repel the flora and fauna.

Which, we now discover, is akin to the 18th century navy handing foreign rivals their cannons, know-how and numerical superiority.

For war drives innovation and



A distinctly 18th century fate is fast returning as a reality

bacteria is evolving to the point where antibiotics are an endangered species. The distinctly 18th century fate of death from a scratch or a mild infection is fast returning as an everyday reality.

Exposure to antibiotics, by means of our over-liberal use, is giving bacteria the edge. It already was a feisty evolutionary marvel without our largesse. It takes a population 20 minutes to double so any happenstance evolutionary advantage takes hold fast and spreads quickly.

Meanwhile, our ability to find new classes of antibiotics has virtually ground to a halt.

Health planners are now raising the prospect of limiting antibiotics to human use only, with significant implications for farming and food production.

Bacteria have been upon the planet 3.5 billion years. The reign of the antibiotics has lasted a measly 90.

Er, happy New Year.

Follow Giles
Broadbent on Twitter
@MediaGulch



What's On

Inventors go to ends of earth – and back again

DIARY DATES

Quest for longitude is highlight of busy year for museums

This will be a year of anniversaries at Royal Museums Greenwich, with centenaries and quicentenaries marked through a range of inventive and inspiring exhibitions.

The most memorable is the 300th anniversary of the signing of the Longitude Act of 1714.

A major exhibition will explore the quest to solve a complicated problem that cost the lives of many sailors who were never sure where exactly they were. The winner was Harrison's H4 chronometer, pictured left, but the journey to that mechanical marvel was long and rocky.

The centenary of the First World War is marked with a new gallery, a display of the museum's collection of war art and an installation from celebrated British artist Rozanne Hawksley.

Spring 2014 sees Trinity House's centuries of work "for the benefit and safety of all mariners" showcased through an intimate exhibition which coincides with the organisation's 500th anniversary.

SCREEN

Mandela: Long Walk To Freedom

(12A) 159mins



The movie is freighted with extra poignancy after the death of its eponymous hero. There was always a danger that any attempt to tell the story of the South African freedom fighter would become too reverential and occasionally Justin Chadwick's movie, based on Mandela's autobiography, does become bogged down in adoration but luminous performances by east London's own Idris Elba and Naomie Harris as Winnie inject charisma, life and action into the greatest story of the modern age.

★★★★☆



The Meridian Line at Greenwich marks 0.0000° W longitude

Ships, Clocks & Stars: The Quest for Longitude
July 11-Jan 4

National Maritime Museum

The race to determine longitude at sea gripped Europe during the 18th and 19th centuries, becoming a focus for debate, ridicule and scientific endeavour. Rewards were on offer for whoever could crack the puzzle and Ships, Clocks & Stars presents the ingenious methods and instruments designed to scoop the Board of Longitude's prize.

SCREEN

Last Vegas

(12A) 105mins



What a cast. Michael Douglas, Robert De Niro, Morgan Freeman and Kevin Kline play it for laughs as four old friends decide to throw a Las Vegas bachelor party for the only one of them who has remained single – he's only marrying a 30-something, naturally. A trip to a much-changed Sin City reveals cracks in their friendships. Such a quartet of talent, supplemented by Mary Steenburgen, would always be easy watching but this *Hangover* for the silver set lacks bite.

★★★★☆

Longitude Punk'd
April 2014-February 2015

Royal Observatory Greenwich

Longitude Punk'd celebrates the wacky inventors, star-gazing scientists and elegant explorers of the 18th century. The Observatory has commissioned eight British steampunk artists to create works inspired by the inventions that were presented to the Board of Longitude between 1714 and 1828. The exhibition blurs the boundaries between art and science, fiction and fact.

SCREEN

Paranormal Activity: The Marked Ones

(15) 84mins



A young California Latino named Jesse (Andrew Jacobs) is designated for possession by the same malevolent demon who previously claimed Kristi and Katie. Christopher Landon (son of *Little House On The Prairie* actor Michael Landon) wrote and directed this horror film. Film buffs have noted that this is not technically *Paranormal Activity 5*, despite being fifth in the series. *The Marked Ones*, as it is subtitled, is a Latino spin-off of the franchise which will release the official sequel later in the year.

★★★★☆

Rozanne Hawksley: War and Memory
May-November 2014

Queen's House

Rozanne Hawksley is regarded as one of the UK's great textile art innovators. Her work explores the nature and meaning of the commemoration of war, considering the impact of conflict on combatants, family, friends and the nation. The installation features new work alongside pieces from throughout Hawksley's career including *Seamstress And The Sea* which refers to the artist's grandmother, a widow who sewed sailor's collars for a living from the First World War until her death decades later.

War Artists at Sea
Feb 2014-Feb 2015

Queen's House

Showcasing the very best of Royal Museums Greenwich's collection of First and Second World War art, this new display includes arresting and moving portraits, battle scenes, and depictions of everyday life during conflict. Charged with the task of revealing a "truth" that went beyond the simple recording of events, official war art served the purposes of commemoration, instruction, documentation and propaganda as well as a morale raiser.

Forgotten Fighters: The First World War at Sea
Opens August 2014

National Maritime Museum

This new gallery explores the naval and maritime dimensions of the First World War. The war at sea was fought on an epic scale and with terrible loss. *Forgotten Fighters* highlights the stories of those who participated through a wide range of objects including weaponry, photographs, medals and ship models.

Guiding Lights: 500 Years Of Trinity House And Safety At Sea
April 2014-Feb 2015

National Maritime Museum

Five hundred years ago, a fraternity of London mariners was given a charter by Henry VIII and became the Corporation of Trinity House with instructions to improve the safety of navigation on the Thames. Since then, Trinity House has looked after pilotage, buoys, beacons and lightships and has become the Lighthouse Authority for England and Wales.
Go to rmg.org.uk.



Sculptors take chips off the old ice block

EVENT

Sculptors will set the trend as they transform shimmering blocks of ice into fashion in a frozen form at Wood Wharf.

Following on from last year's record-breaking visitor numbers, the London Ice Sculpting Festival will return between January 10 and 12 with the dual themes of Fabulous Fashion and River Life.

Teams of ice professionals from across the globe will set about chiselling, carving and welding chainsaws to transform the area with their sparkling creations in the competition's Single Block, Freestyle and Big Block challenges.

The latter category will centre on ice-cool fashion designs, with the two-man teams working on two-metre blocks of ice throughout the weekend, while the Single Block challenge will see individual sculptors embracing aquatic nature in a two-and-a-half hour challenge.



Last year's event at Canary Wharf drew record crowds

Camille Waxer, chief administrative officer at Canary Wharf Group, said: "The festival theme Fabulous Fashion is synonymous with Canary Wharf and also coincides with the recent opening of the Jubilee Place mall extension."

For those new to carving, professionals from The Ice Box Team will be on hand to offer free masterclasses with mini-blocks in Wood Wharf and Jubilee Place Mall.

And a winter market will provide a variety of tasty treats and drinks to warm up following the frozen fun.

Carol Cordrey, festival co-founder and artistic director, said: "The wonderfully high attendance at last year's festival proved the success of this exciting art event which is unique to the UK."

"For this year's festival, we have ensured that the two themes will provide the sculptors with challenges to their creativity."

Entrance is free.
Go to londonicesculptingfestival.co.uk or canarywharf.com.

Travel

Get out of your comfort zone in the frozen north

SVALBARD

Sarah Marshall
The Wharf

Gripping their harness tightly, I try with all my might to stop the eager pack of husky dogs from tearing loose. But not even a fleet of armoured tanks could restrain these powerful animals.

Blue eyes glinting wildly in the violet wintery half-light, lead dog Simbad burrows his paws into the thick snow as if revving up an engine. Barking, wailing and howling ensues.

As the noise reaches a deafening crescendo and my fingers turn blue, the starting signal is given, blissful silence falls and the magic of this wild and other-worldly landscape takes hold.

Lying just 819 miles from the North Pole, Longyearbyen – the capital of Spitsbergen which is part of Norwegian archipelago Svalbard – is one of the northernmost settlements in the world.

The former mining town already attracts tourists during the summer season, many hoping to catch a glimpse of the fierce but irresistibly enigmatic polar bear. But now visitors



Dog sledding in wintry Svalbard

are coming specifically for the winter months, to experience adventurous activities such as dog sledding, ice caving and snowmobile rides through the Arctic Desert.

Thanks to the warmer influence of the Gulf Stream, the climate is "mild" enough to make visits possible throughout the coldest periods – even though there were reports of a wind chill factor of –50C just days before our early March visit.

And the experience is truly magical thanks to snug trapper's huts with crackling fires and musk ox hides to keep you warm.

If you're looking for something exciting and out of the ordinary, the Svalbard won't disappoint.

FAST FACTS

■ Sarah Marshall was a guest of Hurtigruten (hurtigruten.co.uk) which offers two, three and four-night land-based short breaks in Spitsbergen in March, May, October and December.

■ A two-night stay in March starts from £811pp, including accommodation and excursions. Flights are extra.

Travel special / Pages 12-13

Relaxation and refined luxury abound at resort

ALGARVE

Pine Cliffs is all about chilling out in the sunshine, writes **Rob Virtue**

There's a growing demand for the adventure holiday. The fearless among us take on rope bridges high in a rainforest, camp with the world's deadliest creatures or hurtle down mountains on bikes at breakneck speed.

I thought of these vigorous souls, I really did, as I am sure they thought of me, as I endured my own challenge.

With the midday sun beating down on me, I was about to take on "Devil's Parlour". My weapons? A trusty seven iron and the advice of excellent golf pro Manuel Baptista ringing in my ears from our lesson the day before: "Look at the green, not the ravine."

There was a crowd building up behind me as I went through the motions of inch-perfect practice swings. Squaring up to the ball, it was make or break and I was determined. I could picture the ball sailing over the cliff edge and landing a few feet from the hole.

I hit it sweetly, I swear, but then it seemed to stop mid-air,



The relaxing and beautifully appointed luxury of the Pine Cliffs resort in Portugal

allowing itself one last look around, channelling Wile E Coyote before it plummeted out of site to the rocks below.

The group behind were all sympathetic looks. I recovered – as much as you can from such golfing humiliation in front of your peers – with a couple of fine shots but the crowds had long gone.

There will be those who say golf isn't an adventure sport, even on a cliff edge, in 30C heat. And they would be right.

Is Pine Cliffs a place for thrill seekers?

"There will be those who say golf isn't an adventure sport even on a cliff edge in 30-degree heat. They're right."

Rob Virtue

Pine Cliffs Resort is as far from adventure as you can imagine. It's luxury, controlled to the finest detail.

Rooms at the Sheraton are perfect and it's worth getting one with a sea-view if possible. All have private terraces.

Being linked to the Pine Cliffs Residence – where suites are also available to hire – there's an abundance of restaurants and bars from the chilled-out vibe of Corda Cafe for a drink or light meal, to the Piri Piri Steak House and its glorious spice.

But the pick is the O Pescador restaurant, seen as one of the very best seafood spots in the Algarve with many mouth-watering dishes.

As for leisure, away from the nine-hole golf course and golf academy, there are five outdoor pools to choose from and a golden beach just yards away. Here one of the staff will offer you a towel before you jump on a lounge for more relaxation.

Oh and to get to the beach there's a lift – of course – taking you the 30m or so down the cliff. That's all fair enough because you need all the relaxation you can before you hit the tennis courts. Five one-on-one lessons with ATP pro Paulo Machado cost just shy of 300 euros but they are worth every penny.

Then a fantastic massage at the Wellness centre awaits. As my limbs are pummelled, I ponder who needs adventure.

Buy at Pine Cliffs / Page 15

FACTFILE

■ Faro Airport is less than 30 minutes drive from Pine Cliffs resort. Get there from London City Airport via British Airways during the summer period or from Gatwick with easyJet all-year round from £30.49.

■ For more information about the resort go to luxurycollection.com/algarve.




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Travel



Arnie the turtle enjoys the waters of the Maldives

Basking on Baros and saving a reef

MALDIVES

Hannah Stephenson
The Wharf

Breaking off the beautiful, fragile coral, his flippers creating a cloud of debris which muddies the water, Arnie doesn't even look up at the divers observing his wanton destruction of the reef that everyone else is trying to save.

We have just been given a lesson in the dive school on the importance of not touching the coral which provides a vital framework to the eco-balance of this part of the Indian Ocean, yet Arnie gives us a perfect display of how not to treat this stunning underwater environment.

But then Arnie is a hawksbill turtle, the largest of a group of around eight to make their home on the 300m-long house reef at Baros, a tiny, truly beautiful Robinson Crusoe-like island in the Maldives, with five-star facilities and diving to die for.

It's 40 years since Baros was created, firstly as a hang-out for divers, and later transformed into the high-end luxury paradise it is now, with authentically-styled Maldivian bungalows featuring all mod cons and a 24-hour butler service.

Set up in 1979 as one of the first dive centres in the Maldives, Baros was also the first to practise the international Reef Check Programme, educating the public, monitoring reef

health and working on solutions to protect healthy reefs and rehabilitate damaged ones. It is now a PADI five-star Gold Palm Dive Centre.

On my trip we go out snorkelling in a small group, are shown how to dive down to select coral for regeneration, choosing bits that have been broken off or are growing poorly but are not completely dead.

Wide metal frames, which look like elaborate plant supports, are placed underwater in the shallows while each of us takes what looks like a plastic cable tie and attaches the piece of coral to the frame, repeating the process until it's full. Each piece is given room to grow and within months, I'm told, you can see the difference.

Baros is the ideal destination for the eco traveller. Superb facilities and a beautiful environment combined with the chance to really make a difference to the natural world.

FAST FACTS

- Hannah travelled to Male courtesy of Sovereign Luxury Travel. A week at the five-star Baros Maldives costs from £1,599 per person – saving up to £662 – booked through Sovereign Luxury Travel (sovereign.co.uk).
- The price includes a free night and return flights from London Gatwick with Emirates.
- For further information go to Baros.com.

Breathing in cool Olympic legacy across the pond

WHISTLER

Sliding down Dave Murray is pure pleasure, writes
Hannah Stephenson

Looking down the single diamond black – dry mouth, butterflies in my stomach, taut leg muscles, every sense alert – I wonder how I'm going to tackle the sheer slope used by Olympic downhill skiers past and present.

The two teenagers I'm with – my son Will, 14, and my nephew Matt, 13, have no fear of the Dave Murray run on Whistler Mountain in the spectacular Coast Mountains in British Columbia, described by locals as an 'easy' black with enough give to allow intermediates like me to hone their survival skills conquering steep terrain and tricky moguls.

I'm more tentative than my two young speed merchant companions but soon find that the Dave Murray is a fun high-speed cruiser with a few really steep bits but nothing, thankfully, that I can't handle. The run, which is nearly two miles long, was named after a downhill racer who became one of Canada's most popular ski personalities.

The boys are consistently waiting for me at the bottom, but then Will and Matt have already had a blast in a session with the local Ride Tribe



Whistler takes its Olympic legacy very seriously

program, designed specifically for teens, where their 'cool' instructor led them down a succession of blacks and taught them how to tackle moguls and tricks like ground 360s – where you turn full circle on your skis on the slope – and even some flashy backward skiing.

It's easy to follow the Olympic trail at Whistler Blackcomb, the biggest ski resort in North America and host of the 2010 Winter Games.

Locals tell me that if the forthcoming host, Sochi in Russia, isn't ready in time for 2014, Whistler would be happy to step in once more, but they realise it's a pipe dream.

Access to the two mountains couldn't be easier. Whistler and Blackcomb stand side by side and, combined, offer more than 200 marked runs, 8,171 acres of terrain, 16 alpine bowls and three glaciers served by 37 lifts, as well as a ski season that lasts from November to May.

The two main gondolas to each mountain are a five-minute walk from the top of the village. You can avoid the queues for the Whistler lift, which tend to be heavy in high season and at weekends, by going up the quieter Blackcomb one and then connecting with the terrific Peak 2 Peak gondola which takes you from one mountain to another in just 11 minutes.

The gondola, the highest of its kind at 436m above the valley floor, was completed in 2008 and helps adventurous skiers make the most of the largest skiable terrain in North America.

We're staying in the perfectly situated and well equipped Crystal Lodge, a luxury hotel with restaurants, outdoor heated pool, hot tub and other mod cons. Our loft apartment has a full kitchen and several well-equipped (although pricey) supermarkets nearby, so self-catering is a breeze.

At Crystal Lodge, a valet locks

Soak up island's potent wildlife

PAPUA NEW GUINEA

Liam Creedon
The Wharf

Never spend more than 24 hours with a woman," the village Huli "bigman" huskily intones, pausing to scratch his nose with the sharpened tip of an arrow. "It will make a man lose his magic and his powers will be weakened."



A bird of paradise in Papua New Guinea

Aside from advice from a Huli tribesman, Papua New Guinea is a place you don't forget in a hurry. Sandwiched between Northern Australia's Cape York Peninsula and the sultry haze of the Equator, it is the world's second largest island after Greenland.

It is a sweltering hotchpotch of jagged peaks, half-forgotten malarial swampland, mighty rivers and remote, enveloping rainforest.

It's also the world's best birding location and the Tari Gap one of the country's top spots. A lack of predators and glut of food has encouraged extravagant diversity, epitomised by the Birds of Paradise.

Binoculars reveal the antennae of the second bird I spot after a 5am start to be checked blue and black – the King of Saxony Bird of Paradise in all its glory.

After a successful outing, the perfect place to come back to is the Malolo Plantation Lodge in Madang, which nestles against the warm waters of the Bismarck Sea on the island's north coast.

The raucous atmosphere of the town's 50s

heyday is long-gone, replaced with the sound of waves crashing on the black-sand beach. And, away from ornithology, the sea offers its own attractions. Gin-clear water gives up extravagant wildlife and carcasses of warships holed during the Second World War.

In short, Papua New Guinea is a great place for some winter sun.

FAST FACTS

- Liam flew courtesy of Singapore Airlines (singaporeair.com) and Air Niugini (airniugini.co.uk), with Trans Niugini Tours (pngtours.com). Trips from £4,775pp, based on two people travelling, including international and domestic flights.
- Go to papuanewguinea.travel.



Above, a statue built for the 2010 Winter Olympics. Left, a gondola and, right, Whistler resort



our skis away in a special room and brings them out when we need them, which is so much more civilised than jostling for space in the busy boot rooms I've experienced in Europe.

The village atmosphere is chilled out and wide pedestrian walkways run from one end of town to the other, fringed by plenty of bars and restaurants (more than 150, I'm told) to unwind in.

After starting life in the early 1900s as a mining and logging town, the resort has grown to offer a lot more, all chronicled at Whistler Museum, a stone's throw from the quirky shops in the village.

But true ski junkies will head to the pistes rather than head for the galleries and stay high up the mountains. Hit that Dave Murray run one more time and bathe in the Olympic legacy.



FACTFILE

■ Hannah travelled courtesy of Ski Safari and Destination British Columbia, staying at the four-star Crystal Lodge. Prices with Ski Safari

(skisafari.com) for a seven-night holiday start from £1,279 pp, including flights with Air Canada and resort transfers.

The healthy approach to apres ski

ESCAPE to an Austrian mountain retreat this winter to combine alpine pursuits with a tailor-made detox package.

Created by world champion fitness guru Bernd Oesterle, the retreat offers guests bespoke activity routines, healthy cuisine, mountain meditation and personalised ski guiding from a base at Kristiania Lech.

With fresh air and exercise in abundance, guests are set to feel revitalised both inside and out and, with the concerted

fitness effort, traditional off-piste indulgences of plentiful wine and cheese will be set aside.

The Mountain Retreat will run between March 16 and 23.

Single occupancy starts from 1,910 euros per room for seven nights while prices for double occupancy begin at 3,920 euros each room and includes all activities, during the same time period.

Go to kristiania.at for further details.

Beth Allcock



Chalets launch for ski season

VAL D'ISERE

Beth Allcock
@wharf.co.uk

RETREAT from the slopes to a trio of chic alpine chalets, nestled in the popular French resort of Val d'Isere.

The Scott Dunn properties, completed last month, include the six-bedroom Chalet Genepy with its large, south facing balcony and dining space, a wellness area boasting an indoor pool built into the rock face and a Hammam.

The exclusive Le Petit Alaska residence now plays host to the freestanding Chalet Amourette which sleeps eight people and offers a vantage point with extensive views over the resort and up to the piste of La Face.



If you're planning a smaller skiing gathering this season, new sister property Le Lievre Blanc, pictured, caters for groups of six and looks out towards Solaise. A double height ceiling and mezzanine with a separate television area offer plentiful space to relax after a session.

Scott Dunn offers seven nights at Chalet Genepy, sleeping up to 12, from £1,675 per person, seven nights at Le Lievre Blanc, sleeping up to six, from £1,955pp or seven nights at Chalet Amourette, sleeping up to eight, from £1,885pp. Go to scottdunn.com for details.

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Fashion

3 TRENDS FOR 2014

Sort your wardrobe for the coming months and get ahead of the game with **Beth Allcock's** forecasting

DENIM

RIGHT
Boyfriend jeans, £32
Firetrap
firetrap.com



LEFT
Lola floral denim dress, £99
Phase Eight
phase-eight.co.uk

BELOW
Shirt, £10
Shorts, £12
Primark
primark.com



BELOW
Men's black acid wash denim shirt, £22
Asos
asos.com



FLORAL

RIGHT
Black life of tailor floral long sleeved shirt, £50
River Island
riverisland.com



LEFT
Coleen shift dress, £60
Littlewoods
littlewoods.com



BELOW
Clutch bag with neon flower embellishment, £35
Asos
asos.com



RIGHT
Busy floral jacquard top, £140
Busy floral jacquard trousers, £140
Jaeger
jaeger.co.uk



PASTEL

BELOW
Jacket, £55
Next
next.co.uk



LEFT
Collection coat, £95
Collection top, £22.50
Collection skirt, £35
Shoe, £19.50
Marks and Spencer
marksandspencer.com



BELOW
Cashmere jumper, £125
Shirt, £99
Tie, £29.50, Trousers, £99
Marks and Spencer
marksandspencer.com



BELOW
Top, £35
River Island
riverisland.com



Health

Learn to flex sexy with Wharf's freshest class

Q&A

Isis Rose tells **Beth Allcock** why she wants women in 2014 to feel good about their curves

A wave of '90s-style girl power will wash over members at Reebok Sports Club from this month, as Isis Rose brings both fitness and female empowerment to the Canada Square gym.

A professional Burlesque dancer, choreographer and fitness instructor, the 32-year-old talks to Beth Allcock about putting a spin on the seductive for her latest classes.

■ Tell us about Bodyfit Burlesque classes
I've performed Burlesque and been a professional dancer for eight years and I wanted to combine dance and fitness together.

Bodyfit Burlesque is commercial dance that becomes more of a workout.

I didn't want to just do Burlesque dancing – I wanted something where people were getting a bit more out of it. We do a warm up at the beginning and you learn a choreographed routine that has Burlesque elements.

You learn it in a series – I do a routine for two weeks so everyone can get a chance to do it again if there's some stuff they struggle with.

Then, we will start a brand new piece of choreography. We're keeping it really basic –

everyone I teach is a non-dancer and everyone leaves having got nearly all the moves.

■ How did you come up with this concept?

I started in contemporary and hip hop as a dancer and I was always searching for something that made me feel feminine.

When I went into Burlesque and then, when I started to offer classes and workshops as a teacher, I realised how important and beneficial it could be. It was helping women feel really good and sexy about themselves.

One of my goals is to improve women's confidence so they feel good about their curves.

I want it to be a good workout but for it to be a moment of self expression through movement and being very feminine too.

Burlesque is expressive and it enhances femininity – I wanted to provide something for women on the Wharf.

■ Do you think some women might be a little apprehensive about trying Burlesque?

I think so – and this is what I am trying to break away from.

People might feel uncomfortable with Burlesque because they think you have to be



KAY LOCKETT

So is Bodyfit Burlesque all about being sexy?

"People might feel uncomfortable with Burlesque because they think you have to be sexy and raunchy, but I think it's important to put every aspect together. It's girly and it's about flexibility and I make it so people can recognise that."

Isis Rose

Burlesque dancer and fitness instructor

sexy and raunchy, but I think the important thing is how it is delivered to people.

It's important to put every aspect together – it's girly and it's about flexibility and I make it so people can recognise that and they feel comfortable with it.

It's also great for them to be able to work with the music.

■ Aside from the steps and routines, how else can the girls embrace the discipline?

I've said if they feel confident about the routine, they can bring heels with them.

Read on »

Get in shape with products and classes to create a new you

Fitness / Pages 24-25

It brings a different flexibility and it brings grace – it's nice to wear heels.

You work your core flexibility more if you have got them on and you can learn how to move gracefully in them.

■ Talking of flexibility, what are the other fitness benefits of the class?
It's a great workout, it's really good for your waistline, it lifts the bum and it tones the legs and the thighs.

The hour-long classes burn approximately 350-390 calories.

■ Why Reebok Sports Club?
I did a few workshops and classes there throughout last year and this class is my baby – I really wanted to push it forward. Last year I did three sessions with about 15 to 20 ladies and each time I did it, there were more participants.

■ How are you feeling about the big launch this month?
I am really looking forward to it. It's nice to be able to do something just for the ladies as well.

I want everyone to have a good workout, a good time and leave feeling happy.

Go to reebokclub.co.uk.



Advice to keep your resolutions firmly on track

If you're focussed on fitness this year but not sure of the best way to reach your goals, take a few tips from personal trainer Tim Hart.

The Reebok Sports Club employee has put together seven pointers to help foster better health and wellbeing for Wharfers:

■ Don't try too much too soon

Tim says many people slog on the treadmill for hours to try and burn off the extra calories put on over Christmas.

Research shows it is not necessarily the time spent exercising that's important, more the intensity it is carried out.

High intensity exercise done for shorter periods of time is much more effective. Start by training for 10 minutes per session.

Choose any cardio exercise such as the cross-trainer and go as hard as possible for 30 seconds, then rest for another 30 seconds, then repeat. Look to progress over time by gradually increasing the total time spent exercising.

■ Don't finish off New Year fizz

Tim says when it comes to diet, alcohol can have a big impact on total calories consumed.

While bad influences are hard to avoid over the festive season, January is the perfect time to make amends.

But if you're going to do it, do it right.

Cut out the booze altogether for at least a month for the best results.

■ Set realistic fitness targets

Tim says many New Year's resolutions fail soon after, usually as a result of taking on too much.

It is important to be realistic about goals. If you've not exercised for a while, aim for a manageable goal such as visiting the gym twice a week. After this, start moving towards more challenging fitness related goals.

■ Plan to achieve targets

Tim says make New Year's resolutions more long term by planning ahead.

Sign up for a distance race or an obstacle event a few months down the line. This will provide a real goal to aim for.

■ Maintain your motivation

Tim says it is important to understand motivation is key to successfully achieving fitness goals.

Changing up the routine and making sure the exercise and activity has variety will help you do this. Everyone loses motivation at some point – what makes the difference is those who give up and those who keep going.

■ Keep sprouts about

Tim says keep parts of the Christmas dinner. High in protein and low in fat, turkey is a great option for those starting a healthy regime, ideal any time of the year.

Sprouts, broccoli and carrots should also feature prominently as part of a good diet. Gravy also offers a great way to add flavour without the extra calories. Just ditch the roasts for sweet potato, buck wheat or brown rice.

■ Veg out on vegetables

Tim says vegetables are filled with lots of nutrients.

When eating lunch or dinner try and fill at least half of your plate with vegetables, it will make you feel full faster without the calorie intake so you won't be left feeling hungry.

Drink lots of fresh juices too like beetroot, apple, cucumber and carrot.

Beth Allcock

Go to reebokclub.co.uk.



Advice: Tim Hart

Health

Testing products for a healthy warm down



People have a tendency to over indulge after tough exercise in the gym

We give **Beth Allcock** some fuel after some hard workout sessions

While it's so tempting to stop for a cupcake and coffee as a post-workout reward, the calorie content may well wipe out the benefits of all that time spent sweating it out in the gym.

For Wharfers, a healthier, nutritious and more natural option lies a few minutes away in Canada Place Mall, courtesy of seed-based snack, 9Bar.

Filled with an array of seeded goodies including pumpkin, hemp, sunflower, sesame and poppy, the protein content generated from the ingredients produces amino acids that can help repair damaged muscle-tissue following a fitness session.

The handmade bars are also low GI, so release energy and carbohydrates slowly, whether you're fuelling up before a workout or restoring nutrients afterwards.

Priced at £1.89 for a pack of four and 70p for a single, they come in flavours including Original, Peanut, Fruit, Sea Salt, Cracked Black Pepper and Firecracker Chili.

They're available at Waitrose and Holland and Barratt and we put them to a taste test:



CHI Coconut Milk contains caffeine



ORIGINAL

If you're in the initial stages of switching to a healthier lifestyle, this is the bar to begin with.

It looks more like the traditional cereal bars you might expect to find in the snack aisles of the supermarket, topped with a carob coating adding a pleasant sweetness.

But don't be deceived. This offering remains packed with an array of sunflower, pumpkin, sesame and poppy seeds to keep things healthy.

★★★★☆

DYNAMIC DRINK

★ If liquid refreshment is more your thing, why not swap your calorie-laden latte for a combination of coffee and cream?

A natural, vegan-friendly energy boosting treat, CHI Espresso Coconut Milk offers a natural caffeine hit without leaving a bloated or heavy feeling - all for 44 calories and less than three per cent fat per serving.

It includes fibre to aid digestion, electrolytes to keep the body hydrated and protein to stave off those mid-morning hunger pangs, as well as packing in vitamins B, C and E.

What's more, you can order online from amazon.co.uk to be delivered to your desk, priced at £1.79 for 330ml.



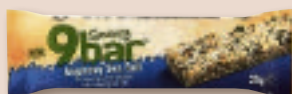
PEANUT

This was probably the most tricky to eat because of its crumbly texture.

The seedy, sticky ingredients bound up by a not-too-sweet peanut offered a clean, healthy taste that wasn't too overpowering.

Although as the bar was pretty chunky, its offering became a little too samey after a while.

★★☆☆☆



SEA SALT

By far my favourite of the seeded bunch, this was the perfect-sized fitness treat.

Its savoury flavours brought freshness and memories of holidays. It felt completely guilt-free.

Most importantly, it filled me up with energy to help power me through a heavy gym session.

★★★★★



BLACK PEPPER

This is a good one for winter time. The warming taste of pepper is perfect when you're leaving the sweaty surroundings of the gym for the chilly trip home.

With less than 200 calories per bar, it won't undo the benefits of all that fitness training either.

★★★★☆

ROAR WITH JOY

New tribal workout at Virgin Active was inspired by an African trip, writes **Beth Allcock**

Back in school jewellery in gym class was a no-no. Aside from forgetting your kit and having to search through the sweaty lost property box for some shorts and an over-sized top, sticking plasters over newly-pierced ears or handing over your bangles to a stern teacher came a close second in the embarrassment stakes.

But at one of Virgin Active's newly-launched fitness sessions for 2014

- Fierce - sparkly adornments are positively encouraged.

Decked out head to toe in tribal make-up, bracelets and neon sweat pants, group exercise manager Michelle Morrey said the gym's latest offering, using moves picked up on a trip to Cape Town, was one-of-a-kind.

"It's a dance-based fitness class but it's African dance," she said. "That's what makes it different from any other thing that currently runs."



The Virgin Active instructors get into the tribal spirit with the aid of some African drums



"It's about connecting with that inner warrior. Some of the moves are quite aggressive as they are tribal warrior dances while others are a bit more fun.

"It's for everyone to take something different away from it. Someone might enjoy the tribal stuff and someone else might enjoy the dance and movement side – you're not worrying about whether you're doing the right steps – it's about what you get from it and letting go."

And gym-goers are encouraged to get into the tribal spirit before they take their first steps in African dance, by donning eye-catching gym kit.

But it's not all about the visuals. Michelle said the 60-minute dance sessions should ensure a full body workout.

She said the routines were good for cardio and general body toning and that participants would use more



Top, a Virgin instructor poses. Above, exercise manager Michelle Morrey

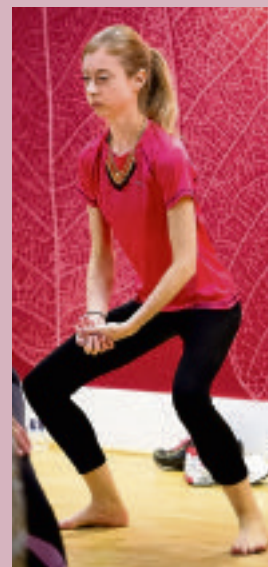
muscles than usual including parts of their bodies they don't normally exercise.

She added: "When people come to work out, they do like to have a frustration release. It could be going crazy on the bike, but you can do

Fierce and get rid of it that way if you have had a rubbish day.

"By the time you have finished, you have let go of the frustration – you should leave what you don't want in the studio and take what's really good away with you."

RAPID REVIEW



Reporter Beth Allcock strikes a pose during her Fierce session

WHAT IS IT?

We've all heard of Zumba packed with its Latin American beats but Fierce is a new African, warrior style dance-based fitness class, set to whip Virgin Active Canary Riverside into a tribal storm.

WHAT DID YOU DO?

First things first, time to get in the zone, warrior-style.

I was given a chunky Aztec-style collar necklace – which handily complemented my fluorescent orange top – that got me in the mood for a session buzzing with energy.

Starting with some warm ups and African hollers, Michelle and her colleague took us through four different routines inspired by original dances from the continent.

We practised steps and arm movements from picking fruit to stabbing spears with venom, crouching squats and left-to-right gliding steps, every second accompanied by a lively beat and nothing the enjoyment level higher and higher.

FEEL THE BENEFITS?

Certainly. Although I sampled a 30-minute taster session – as opposed to the typical one-hour class – I felt my heart pumping and my muscles working, both with the leg and arm routines.

And all this with a smile on my face. The beauty of this class is it's all about the energy and spirit you put in.

So although you're having a thorough workout in a light-hearted group session, it feels nowhere near as intense as a solitary session on the treadmill.

DETAILS

The class will be launched at Virgin Active Canary Riverside this month and is free for members.

Beth Allcock
Go to virginactive.co.uk.

FITNESS FAST

Deals and updates

RE:SPA

Savings on laser light procedures

★ Ensure your body is shimmering for the start of the New Year with a special offer at Re:Spa.

Based at Reebok Sports Club, the salon is offering 30 per cent off its laser skin rejuvenating treatment as well as a 20 per cent discount on laser hair removal courses.

Suitable for both men and women, the latter session aims to remove unwanted hair conveniently, quickly and comfortably while the rejuvenating treatment strives to improve skin tone, soften lines and stimulate new collagen formation.

Offer valid until January 31 with prices available on request. Go to respalondon.co.uk.

AYURVEDA PURA

Save 30% on treatments

★ Ayurveda Pura has discounts on a variety of treatments including its one-hour Abhyanga Whole Body Massage – designed to strengthen and revitalise the nervous system – reduced by 30 per cent to £42.

Combined treatments such as the salon's Back Massage and Express Facial and individual Head, Back or Foot massages are all subject to the same discount, now priced at £42 and £22.50 respectively.

Offers valid until January 20. Call 020 8312 8383 to book.

REEBOK SPORTS CLUB

Hook up to club via social media

★ If you're struggling for some health and fitness inspiration to kick-start the New Year, personal trainer Carl Wheatley, pictured, is on-hand to help.

The Reebok Sports Club employee has launched a Fitness in Canary Wharf Facebook page dedicated to promoting health and physical well-being in E14.

Whether it's posting inspiring mantras, pictures of new yoga poses or mouth-watering recipes to re-fuel post workout, the site also provides a platform for users to share their experiences and tips.

Go to [facebook.com/canarywharffitness](https://www.facebook.com/canarywharffitness).



Food



DRINK WITH PAULO BRAMMER

Cheaper bottles for those feeling the pinch

1



■ Manzanilla La Gitana Hidalgo, Jerez, Spain NV. ■ £7.99 Majestic.

■ Possibly the most overlooked wine, dry Sherry delivers every penny when it is well made. This Manzanilla is made under a layer of yeast that protects the wine from oxidation. Clean with notes of fresh almonds and saline freshness. Try with jamon Serrano.

★★★★☆

2



■ Le Fleuve Bleu Blanc, Southern France, 2012. ■ £5.49 M&S.

■ The blend of the grape varieties Grenache Blanc, Colombard and Clairette is quite common in the production of simple wines in southern France. This bottle delivers fresh, aromatic aromas with hints of citrus and stone fruit and a touch of something floral.

★★★☆☆

3



■ Château Gillet, Bordeaux, France, 2012. ■ £6.99 M&S.

■ This is a very well made fruit forward generic style of Bordeaux Rouge. Made mostly from Merlot it delivers aromas of plum fruit, wild herbs and blackcurrants. The dominant grape of the blend is Cabernet Sauvignon which contributes acidity and backbone.

★★★★☆

Paulo Brammer buys wine for ETM Group, which owns The Gun. Go to etmgroup.co.uk

The perfect pick-me-up for your first lunch back?

Take a little warmth from knowing your snack's served by nice people

FOOD FOR A FIVER

Chicken in spicy sauce, £4.95

Wasabi, Cabot Place Mall

Why should I seek out something like this?

"Coming back to the Wharf after the festive break can be a shock to the system. You need something warm and comforting inside and out."

Jon Massey

There's an accepted wisdom on the Wharf that customers at takeaways should be dealt with swiftly, sharply even.

Some chains, mindful of the sausage factory, border on the rude.

Order requests are rapidly machine-gunned, mowing down the peckish in a hail of "guacamole, cheese, toasted, sauce, rice? Till number two".

Wasabi's popularity has forced it to adopt a curious Argos-like ticketing system as its staff expertly divide their labour in a blizzard of miso and chicken katsu curry.

It can't be a lot of fun of a lunchtime and they have my sympathy, partly because I've never had to wait too long even at 1pm and partly because it must be hellish.

The festive period is probably a mixed blessing – fewer, but quieter shifts.

Which is perhaps why they were able to deal with the nice elderly lady in front of me so well.

An atypical Wharfer, mid-70s and tugging a wheeled shopping cart in her wake, she addressed the people in the kitchen in a soft breathy whisper, barely audible to me, adjacent in the queue.

But the man and woman who served her took trouble to get what she wanted exactly right and did so all genuine smiles. It was the kind of episode that shores up your faith in human beings.

Instead of brisk incomprehension and repeated verbal jabs they agreed with her the portion sizes were much too large (it was their fault, not hers for suggesting such a thing) and that this state of affairs was unfortunate.

They made certain she was happy and even managed to avoid looking annoyed at the small epoch she took to check her change. An easy task, you would have thought as it came in the form of a £5 note and a five pence piece. There wasn't a smidgen of irritation.

I wonder whether she'd have been so kindly dealt with by a horde of starving Wharfers in a rush?

My chicken in spicy sauce meanwhile, remained happily steaming on the hot plate, no damage done.

Coming back to the Wharf after the festive break can be a shock to the system. You need something warm and comforting inside and out.

January is an unkind mistress. Freezing rain, bitter winds, blown resolutions, the first cigarette after abstinence.

So while you might not be able to relax much on your first day back after the festive break, if you do venture to this outlet you can at least be certain you're buying from pleasant people.

True, you're unlikely to feel that warmth amid the bustling lunch rush. But, at one of the least pleasant times of the year, that fact alone might be enough to light a little fire inside you. And that's important.

As for the food, the elderly lady's right. The portions are too large. This is a meal that will sit in your stomach like an iron cannonball. But you've just spent days stretching your stomach in preparation.

Like an Olympic athlete it can take this. It's gone through any number of pre-festive feasts, the big day itself then oodles of turkey leftover meals. And as for all that cheese. Your organs will have been working overtime.

Why not give them one last hit of gut buster? You've got your new six-times-a-week gym regime to burn it off, after all.

Will the pungent odour make those sitting around you envious and furious? Yes.

Will your New Year halo be as bright and shiny as ever? Probably not.

But what's 2014 for if a few indulgences can't be enjoyed? After all, there's nothing so depressing as not breaking a resolution or two early. That way you can recycle them in 2015.

Jon Massey

Our verdict

Something to warm the cockles

★★★★☆



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Above and left, chicken in spicy sauce from Wasabi might not look especially appetising but it delivers on the tongue what it denies the eye

CAMINO

Get 30% off until the end of January

★ Start the New Year Spanish-style at Camino Canary Wharf. A host of tapas treats lie in store for diners at the Canary Riverside eatery – all with 30 per cent off until January 31.

We love the salty Pimientos de Padron, the stalwart Patatas Bravas and Olla Gitana so make sure you at least sample these tasty plates. Go to camino.uk.com for a voucher that covers a party of six.

■ The chain's Copa De Cava fizz bar in Blackfriars Lane is also offering buy one get one free on any glass of Cava until the end of the month.

ITSU

Fresh dishes on the menu for 2014

★ New Year marks the arrival of the latest additions to healthy oriental outlet Itsu's menu.

With branches in Cabot, Canada and Jubilee Place Malls, Wharfers will now be able to opt for treats including dairy free coconut yoghurt, egg, edamame and greens or the chicken soup with see-through crystal noodles.

Wash it all down with Itsu's new no calorie aloe vera drink or indulge with a 'tirimitsu' portion.

Go to itsu.com for more information about its products.

Drink Spy



These five cocktails have been formulated for health

One Canada Square

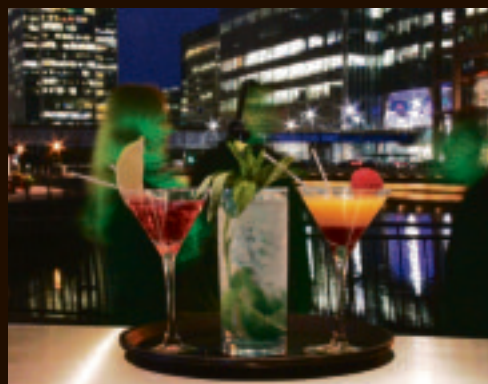
One Canada Square, Canary Wharf, London E14 5AB

■ If it's been a heavy festive period then a hair of the dog might be a good idea and the estate's newest bar has come up with some concoctions that at least nod in the direction of healthy. Priced at £8.50 each contains Kamm and Sons ginseng spirit which may boost energy, promote relaxation and lower blood sugar and cholesterol. That's right, you read it here first – alcohol that promotes relaxation. Staggering. Still, the Beetroot Mary (for the chronically embarrassed), Canary Mary (yellow tomato juice), Green Twist (Popeye's favourite), Root Remedy (basically carrots) and Double Apple Mint (no gum required), are all brightly coloured and probably conform to the five-a-day myth in some loose fashion. Available until the end of January.

Go to onecanadasquarerestaurant.com.



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LondonEYE



NEIL HALL



EARLY BIRDS

Shoppers queue for the Boxing Day sale at Harrods department store.

STEFAN WERMUTH



FRIENDLY SALUTE

Liverpool's Martin Skrtel celebrates after scoring a goal against Chelsea during their Premier League clash on Sunday, December 29

NEIL HALL



BROTHER'S RETURN

Fatima Kahn, the mother of British doctor Abbas Kahn, reacts after his funeral service at the Regent's Park Mosque in central London on Boxing Day. Following the service, the body of Abbas Kahn, who died in custody in Syria, was taken to east London to be buried.

LUKE MACGREGOR



NOBODY HOME

A man sweeps an empty platform at Waterloo Station after numerous trains were cancelled due to storms in London on Christmas Eve. Disrupted transport networks and power cuts wreaked havoc in Britain and France on one of the busiest travel and shopping days of the year after hurricane-force winds and torrential rain lashed the region.

SUZANNE PLUNKETT



IN AT THE DEEP END

Swimmers wait to dive into the Serpentine river on Christmas Day in Hyde Park. For over 100 years, swimmers have taken part in the Christmas Day "Peter Pan" swim in the Serpentine.

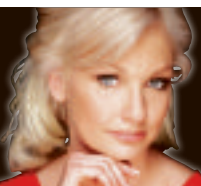
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Gossip is spreading like wild fire and you'd be wise this week to believe nothing of what you hear and only half of what you see. It could save you.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Some of the signs have really surprising and pleasing news to share. You'll be feeling the surge of progress which many are making. Catch up Pisces.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Don't believe everything you hear. Go to the source if you want to find out the truth about a matter. It can save you from much wasted time and energy.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

For a sign who is usually so forthright in their opinions, you are being decidedly shy with your emotions. Could it be you have fallen harder than you're admitting?

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Unexpected visitors and phone calls make for a day of revelations. You're about to find out what really went on recently with a certain person.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Family are making it hard for you to be yourself around them, or to tell them the truth. Be proud of what you've decided and others will follow suit.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

It's a good time to give up bad habits or to distance yourself from friends who lead you astray. You know you want to improve your life, so get a move on Leo.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

What lies behind us and before us are nothing compared to what is inside us. Remember that Virgo, for it's what will continue to make you great.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

You think you're stuck in a rut, but life never has or will stand still. Movement is about to occur that will give you back the freedom to choose and change.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Acceptance of those who have annoyed you in life will bring you peace, not anger and resentment. Accepting that helps you move on greatly with life.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You're starting to realise that you cannot fight the inevitable. You can however, decide that you're going to take control of your own life.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

You thought you had gotten over your feelings for a certain person, but just lately they've started to creep back into your heart again. They'll recede now.

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Live psychic

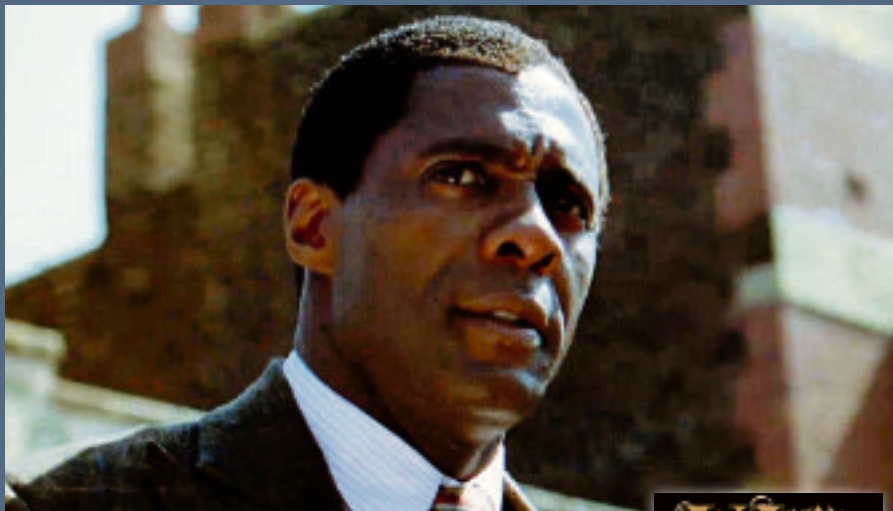
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Dinner and a Movie



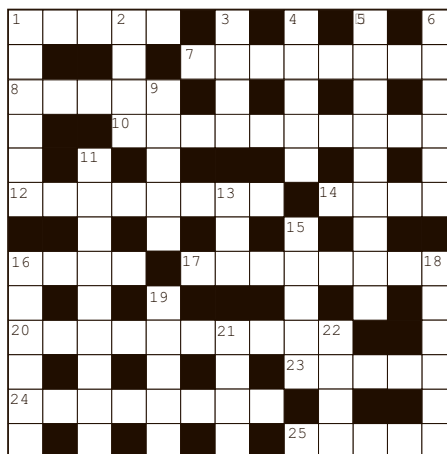
★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of

winning, just tell us the name of the east London actor who plays Nelson Mandela.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is January 9, 2014. You must include your name and postal address.



Crossword



ACROSS

1. Game between local teams (5)
7. Entire (8)
8. Pursue relentlessly (5)
10. Form of martial art (4,6)
12. Omnipotent (8)
14. Run away (4)
16. Inter (4)
17. Newspaperman (8)
20. At the very end (10)
23. Greek letter (5)
24. Preferred (2,6)
25. Lose blood (5)

DOWN

1. Perennial plant (6)
2. Narrow shelf-like bed (4)
3. Wharf, pier (4)
4. Ghost (5)
5. Make laws (9)
6. Lacking in quantity or quality (6)
9. Mournful song (5)
11. Crisis (9)
13. Foot part (3)
15. Shape, pattern (5)
16. A native of Brittany (6)
18. Observe steadily (6)
19. Razor sharpener (5)
21. Curved structure (4)
22. Scream (4)

ACROSS: 1. Derby; 7. Complete; 8. Hound; 10. Kick boxing; 12. Almighty; 14. Flee; 16. Bury; 17. Reporter; 20. Eventually; 23. Delta; 24. Of choice; 25. Bleed. DOWN: 1. Dahlia; 2. Bunk; 3. Dock; 4. Spook; 5. Legislate; 6. Meegee; 9. Dingo; 11. Emergency; 13. Toe; 15. Mould; 16. Breton; 18. Regard; 19. Stop; 21. Apr; 22. Yell.

Sudoku

EASY

4	6	3	7	8	9			5
2				5	4		8	3
8		5	3	6	2	7		9
6	7		9				5	
9	4	8		2		1		6
	5		6	4		9		7
	2		8		5	3		4
5	3	4	2			8	9	
	8	9			1	5	6	2

HARD

					8			
9			1					4
5		3				7	8	6
			4	2		9		
6	2	9			7			
		1	5					
	3				9		2	
8		6						
				7		8		

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

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THE FANS'
ROAR

By Ian Toal



Millwall Supporters Club

**We need to play as a team**

Life after Lomas at least brought us a clean sheet, our first in seven matches and a point in the relegation battle up at The Keepmoat stadium on Sunday.

We had a bit of luck with Manchester United loan striker Federico Macheda hitting the post with five minutes to go but there was a lot more fight from the team than we have seen recently.

The departure of Lomas has been looming for some time. Of course the Board would rather we picked up decent results and they did not have to spend money in sacking Lomas and bringing a new manager in.

But after a string of poor results you could see a batch of three relatively easy games in the Christmas period being the make or break for the former Northern Ireland player. We were very poor against Middlesbrough live on TV the Saturday before



Gone: Steve Lomas

“The players have not performed to the level required

Christmas in the first of those.

Then on Boxing Day against an out-of-form Watford team we had stand-in skipper Danny Shittu sent off after nine minutes before we ultimately succumbed 4-0 in what was Lomas's last match in charge.

That heavy defeat

following on the back of all the recent poor results has put us in deep trouble just above the relegation zone.

Although the manager takes the ultimate responsibility, the players have to share a lot of the blame.

They have not performed to the level required in this division. We have a stronger squad than last season but it seems we are a bunch of individuals rather than a team fighting for each other.

That will be the first task of the new manager – to get the players working together. Failure to do so will see us sliding into League One.

At least we have the distraction of the FA Cup Third Round match this Saturday when we travel to Roots Hall to take on Southend United. We can expect huge away support on the short trip. Here's hoping for a result. *Southend v Millwall, Sat, 3pm.*

WEEKEND
FLUTTERWITH THE
RACING POST**RACING**

■ With the Cheltenham festival only 10 weeks away the focus turns to Sandown Park and the Grade One Tolworth Hurdle over 2miles.

The selection here is Irving for the Paul Nicholls stable. This unbeaten novice hurdler impressed last time at Ascot and can progress to be a favourite at Cheltenham festival.



Back Irving to win, left

FOOTBALL

■ The FA Cup takes centre stage and with Premiership teams now included the tie of the weekend is Arsenal v Tottenham Hotspur.

Arsenal will be looking to progress to the next round and one step closer to silverware. With the likes of Giroud, Ozil and Walcott in fine form the Gunners should be backed.

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★ Cheer up your January blues with Toggle, the innovative mobile roaming solution, who have teamed up with Ice Rink Canary Wharf and The Wharf to create a five star ice skating experience for the entire family.

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The Wharf has teamed up with Toggle to offer readers the opportunity to win one of five sets of four tickets.

To be in with a chance just answer this simple question: How many days are there in January?

- a. 28
b. 30
c. 31

To enter go to wharf.co.uk and click the competitions link. You'll need this code **IR001**. By entering you're agreeing to receive The Wharf's E-Edition via email. For more information about Toggle and its partnership with Ice Rink Canary Wharf, go to togglemobile.co.uk.

Sport

Wharf



WIN SKATE TICKETS

Take your family to Ice Rink Canary Wharf **P31**

WEST HAM

Big Sam is eyeing pair to shore up his squad

Beth.Allcock
@wharf.co.uk

WEST Ham manager Sam Allardyce has his sights set on bringing in at least two new players to alleviate his injury-stricken defence during the January transfer window which opens today, Thursday.

Notable absences on the team sheet for Saturday's thrilling 3-3 draw against West Brom included James Collins and Winston Reid, both suffering from knocks.

During the match, James Tomkins prompted cause for concern after he hobbled off with a groin problem.

West Ham faced fellow relegation strugglers Fulham on New Year's Day, yesterday, as *The Wharf* went to press, and will travel to the midlands on Sunday for an FA Cup draw against Nottingham Forest.

While the gaffer has drawn positives from his team's "spirit and unity" throughout the struggles, he said times were tough.

"Everything we try to do to is to relieve the situation, it doesn't relieve itself it just gets bigger and bigger," he said.

Working alongside joint chairman, David Sullivan, the duo have spent the past six weeks scouring the globe for fresh talent.

"I want as many players as I can get with the budget I've got, which would probably be two," said Sam.

"That would have to be two quality players that we'd have to find.

"We've been at it for six weeks or more now and we're finding it very difficult to find a player who wants to come to the club based on what we can afford to pay at this time.

"We want to do it as early as we possibly can but after six weeks of hard slog we haven't got anything definite to say someone's going to come on January 2."

Nottingham Forest v West Ham, Sun, 5pm (FA CUP).



Worse and worse: Sam Allardyce says he's fighting fires with Irons

Matthew's ready to renew rivalry

SQUASH

World Champion says he's played his best squash in Canary Wharf

Alan Thatcher
The Wharf

World squash champion Nick Matthew is looking forward to returning to Canary Wharf in March.

He completed a perfect year by regaining his place at the top of the world rankings. Matthew clinched his third world title in Manchester in November and followed that up by winning the Hong Kong Open last week.

His return to the top of the world rankings coincided with the launch of his autobiography, *Sweating Blood*.

He devotes a large part of the book to the inside story of his ongoing rivalry with fellow Yorkshireman James Willstrop, the reigning Canary Wharf champion.

Matthew rates their marathon semi-final in 2011 as one of the five greatest matches in his career. Their titanic battle ended with Willstrop collapsing with cramp after more than two hours of brutal combat on court.

Matthew wrote: "This was the best-quality match James and I have ever played. It's very rare to have two top players competing at their very best in the same match. We were throwing the kitchen sink at each other. It was like Rocky Balboa and Apollo Creed."

Matthew has enjoyed a long unbeaten run against Willstrop, a four-times Canary Wharf champion, but he felt this was the occasion when it might end.

He said: "I lost a massive third game 20-18 to go 2-1 down and in games. At the break I was ready to throw in the towel. I said to my coach, David Pearson 'Maybe today's the day he's going to beat me'.

"But then I gave myself a metaphorical slap round the face and said 'no way - it's not going to be today in the very next breath.

"After two hours and seven minutes of the bitterest and most exhausting squash we have ever played, I was 9-8 up in the fifth game, just two points from victory.

"With James in the front right-hand corner of the court, I thrashed the ball as hard and low as I could down the backhand wall.

"James was so far out of position



Nick Matthew's autobiography *Sweating Blood* is out now

WIN TICKETS AND A SIGNED BOOK

★ **The Wharf has two pairs of tickets to give away for the first round of the 2014 Canary Wharf Classic, plus two signed copies of Nick Matthew's autobiography *Sweating Blood*.**

To enter, all you have to do is answer this simple question: In which English city did Nick

and he flung himself to the floor in a desperate attempt to reach the ball. His leg cramped up so badly in the process that he was forced to retire.

"I reckon my own legs had about 30 seconds left before they would have gone the same way. I think that match at Canary Wharf defined our career rivalry. There was no sledging, no shenanigans. It was totally clean.

"I needed five hours of treatment before I could play in the final the next day. My feet felt like they had broken glass in them, but somehow I recovered to beat Gregory Gaultier 3-1."

Matthew beat Frenchman Gaultier 3-2 in another marathon 111-minute match to win his third world crown

Matthew win his third world title? Please email your answer to alan@squashuk.com and write Canary Wharf Squash in the subject field.

Winners will be notified via email. The prize is non-transferable. No travelling expenses will be paid. Entries close on Friday, January 17, 2014.

in Manchester in early November. The 33-year-old from Sheffield was back in London last week to receive an award from the Sports Journalists Association in a star-studded bash at the Tower of London.

Matthew said: "This is the icing on the cake after such a great year. I got married to Esme, I was inducted into the Sheffield Hall of Fame, I won the world title for a third time, and I'm back at number one in the New Year."

Squash fans are certainly keen to see another Matthew-Willstrop battle at Canary Wharf in March with the 2014 Classic heading for another sell-out. Three months ahead of the event, every ticket has been sold for the final.

CHARLTON

Points haul buoyed by ownership discussions



Charlton's Yann Kermorgant wins the ball from the Owls' Roger Johnson

A THREE MATCH unbeaten run offered Charlton fans some festive cheer as the south east London side finished 2013 with a five-point haul.

The Addicks could be embarking on a fresh start to the New Year with the club confirming takeover talks with Belgian millionaire and political activist, Roland Duchatelet.

The 67-year-old is reported to have stumped up £14million for the club, following last month's failed purchase attempt by Josh Harris.

Michael Slater, Addicks chairman, confirmed the news on the club's website and said: "Very constructive discussions are ongoing, which we hope to conclude soon."

Back on the pitch, manager Chris Powell said his side had matched his target of taking something from every game over the festive period.

The Addicks picked up a point at Bolton before their Boxing Day triumph over Brighton and Hove Albion - a side comfortably nestling in the top half of the table.

Sunday saw the points controversially shared as Dale Stephens' second half goal was cancelled out by Sheffield Wednesday's Connor Wickham, a strike which Powell believes was offside.

Powell said: "I'm happy our unbeaten run continues. It's an improvement on where we were.

"These players just keep fighting and keep going. I wanted to take something from every game over the Christmas and we did."

The Wharf went to press before Charlton's New Year's Day trip to play-off hopefuls Ipswich. Oxford v Charlton, Sat, 3pm (FA Cup).

PROPERTY

Wharf

Canary Wharf's leading property guide



Inject shades of berry into your home this season

P16

This month will start strong says our column

P15

3

of the best properties available in London

P14



Why investing abroad might be a good deal

We focus on Portuguese homes with guaranteed return [Page 15](#)



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A lack of supply and the enduring reputation of London real estate as a safe haven for investors are likely to drive prices higher during 2014



REUTERS

Upbeat predictions continue

House prices are set to increase by 10 per cent this year as the lack of property supply in the market continues.

Stuart Law, chief executive of buy-to-let specialist Assetz, made the forecast as part of his official outlook briefing for the property sector for 2014.

He said although price growth in London had captured attention during last year, the rest of the country would soon be catching up, with key price rises in well-established city centres and suburbs.

He said: "There is no real answer to the problem of undersupply of new homes in the UK.

"While large housebuilders' balance sheets have recovered very nicely their output has not been able to make a significant dent in the supply deficit. Small and medium sized housebuilders continue to be strangled by a lack of funding.

"While some intend to increase the number of homes they are building next year by up to 200 per cent this is just skirting around the edges and

Why will new build fail to have an impact?

"Around 350,000 new homes are needed per year to impact price growth but I doubt this figure will even reach 150,000 in 2014."

will not solve the housing deficit crisis. Around 350,000 new homes are needed per year to have any impact on property price growth but I doubt this figure will even reach 150,000 in 2014.

"Any government intervention in whatever form that will make things easier for small and medium sized builders is welcome.

"Encouraging institutional lending or fully relaxing current strict planning laws, and removing the need for lengthy appeals planning processes, would make a real difference to small builders."

Beth Allcock

Forecast suggests single figure growth for 2014

THE threat of property taxes from politicians will keep a lid on price inflation this year according to one London agent.

However, Douglas and Gordon's 8% growth forecast last year fell well short of the extraordinary level of 17% seen over 2013.

The firm's chairman Michael Hodgson said: "Our forecast looks very undercooked against an astonishing final result.

"In mitigation, we were spot on in Prime Central London where values moved ahead by 8.2%.

"Undaunted, we are going to forecast for 2014 that sales

values will continue to increase. Worldwide demand for London residential property as a safe haven is sure to continue but it may be tempered by the approach

of the general election in 2015 and politicians' cries for mansion tax and the like.

"We therefore see growth being in single figures in the five-seven per cent range.

"In the rental market which is more related to

the performance of the London economy, we see supply and demand more finely balanced and therefore, only nominal rental growth of one or two per cent."

7%
Maximum expected sales price rise for 2014

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Rob.Virtue
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Pine Cliffs, in Portugal's Algarve, consists of apartments and houses of a range of formats in a large development next to a luxury hotel in Albufeira.

The homes, managed by Starwood Hotels and Resorts under the Luxury Collection brand, offer a guaranteed rental return during the first three years. Apartments come fully furnished and contain two or three bedrooms.

The elegant and contemporary townhouses, meanwhile, also have two to three bedrooms but include a separate study. They are based in The Terraces, which features a peaceful stream and a vast area of gardens and swimming pools.

The top of the range homes are the exquisite four-bedroom Pine Cliffs Villas, set on private plots in an unspoilt natural environment.

They include private pools, manicured gardens, whirlpool baths and barbecue areas.

Decking is made from Macaranduba wood, while inside the flooring is travertine natural stone and there's brick arched ceilings typical of Portugal.



The Pine Cliffs Villas have their own pools and luxurious wooden decking areas to relax on

Overall, the development offers a gated five-star resort in a picturesque part of Europe.

Leisure activities on-site include 12 restaurants and bars, a golf course, a gym and health centre and watersports, while there is also a beach. And the Algarve offers 300 days of sunshine a year. The resort has been voted Portugal's best for families and won in the best development category at the World Travel Awards and the International Property Awards.

What does Pine Cliffs offer Wharfers?

"We have beautiful beaches and year round sunshine, but Portugal and the Algarve offers much more than that – excellent food, leisure and culture. It's also a safe environment for families."

Carlos Leal, general manager of United Investment Portugal, the owner of Pine Cliffs, said: "We have beautiful beaches and year round sunshine, but Portugal and the Algarve offers much more than that – excellent food, leisure and culture. It's also a safe environment for families."

Pine Cliffs prices range from 725,000 euros for apartments, to 1.65million euros for Terraces. Private gated villas cost 4.5million euros.

Go to pinecliffs.com.



The development features a number of swimming pools as well as a stream and landscaped gardens



We've every reason to be optimistic

We start the New Year full of optimism and excitement about the great things to come.

After the recovery in 2013 it's only fair to feel good about the next 12 months.

December was pretty buoyant in the face of the traditional festive slowdown and I feel really confident that we will see last year's raging sales market continue.

Confidence is now fully returned and, as January gets into gear, there will be plenty of new buyers hitting the market clutching their mortgage agreement in principles.

This month will start off strong with a decent amount of new instructions hitting the market as sellers hope to cash in on this current surge in value.

I'm sure we will also see lots of



Things are just starting to get exciting in the market

new applicants registering their interest in new and resale homes too.

Prices are likely to remain bullish as several buyers vie for each property that goes on sale. Asking prices will therefore continue to be achieved or bettered in most cases.

We have every right to be excited but it's important to remain realistic.

Keep your feet on the ground because the property market can often be fraught so take a moment to think things through carefully.

Sellers – don't become too greedy. Take careful advice on pricing from your agent. They are just as keen to achieve the best price, as you are, but you need to be realistic.

Buyers – stick to your budget. Remember you do need to live too and with this type of climate it's easy to forget that you might get yourself in deeper than you should financially.

Hold on, the ride's just beginning to warm up.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.



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Christmas might be over, however, that's no reason to shy away from brighter colours, says **Gabrielle Fagan**, who has found a host of hip, colourful pieces to brighten up any pad against the cold

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